

I Introduction geriatrics

Congrats

Reservoir — Knowledge
Skill
Wisdom
Understand

II Body of Talk Beat Alzheimer's by Preventative Mice of Body. a Physical Routine check-ups & what seems wrong

Good all round ↓ am't food
Vits

Exercise you can tolerate.

B Mental Beat Alzheimer's by 1. Fill your mind & good that & music — & that's what comes out

2. Have a hobby you can enjoy
— Don't make it a burden.
a addy zest to your

3. Play good music or an
instrument or both

4. Have a Pet

5. Listen to Tapes — Tape Bank

6. Good Movie Video Bank

7. Hobby

III Conclude — use our knowledge to serve Add zest & life to our yrs Preventive Mice

R. RAYMOND GREEN, M. D.

PHYSICIAN & SURGEON

SPECIALTY SURGERY

45 SOUTH MAIN STREET

HEBER CITY, UTAH 84032

PHONE 654-1822

Monday
26 Jan 1987
Sr. Citizen Center
7:00 pm

ii Introduction Fun Club

93
Isom
Davis
Fun
Club
Geriatrics and Gerontology
is not my specialty, but how can any doctor
work w humans for 32 yrs. and not run
across a few people past 40 yrs old?

I congratulate all of you in being Senior
Citizens — I'm enjoying it too!

You represent a big segment of the
population of the USA.

You are enjoying more & more a
Stronger and wiser voice for politicians
to hear, than ever before.

There is no larger, and more meaning-
ful reservoir of Knowledge, Skill, ^{under st} anding &
indeed Wisdom — than is to be found in
this our Senior Citizenery!

Sadly enough we have not found a
way or many ways yet to tap this
reservoir to help us all solve our national
and gobal problems, and even local problems.

What we need most in USA. is a govern-
ment that we can afford.!!

R. RAYMOND GREEN, M. D.

PHYSICIAN & SURGEON
SPECIALTY SURGERY

45 SOUTH MAIN STREET
HEBER CITY, UTAH 84032

PHONE 654-1822

II Body of Talk: Preventive Mtce.

We spend a good deal of money on our automobiles, changing oils, putting on New Tires, recharging batteries, putting on new paint, Replacing auto parts, fan belts, alternators, grinding valves, replacing brakes, & universal joints etc ad infinitum.

Yet we squawk loud & clear if our doctors tell us we need a blood check, urine test, take off a suspicious mole, appendix out, gall bladder out, X-Ray to check on joints or other moving part.

We call most of this preventive mtce!
Stay Healthy:

We tend to neglect our own individual preventive maintenance. We would rather not know we have cancer, or stone in the gall bladder, or an infected appendix or a rusty joint that need a cortisone injection

What difference is there in Preventive Mtce in our cars & Preventive Maintenance in our Human Bodies?? I don't know of any difference.

Don't forget your regular prescribed meds.

R. RAYMOND GREEN, M. D.

PHYSICIAN & SURGEON

SPECIALTY SURGERY

45 SOUTH MAIN STREET

HEBER CITY, UTAH 84032

PHONE 654-1822

Some Preventive Mtee items that can help us stay healthy are:
 -Physical
 -Mental

Physical: 1. Immunizations:
 Tetanus, A/B Flu, Taiwan Flu (this yr)

2. Spend some time each day exercising
 according to your tolerance. i.e. Grand tappers
 ie. man among you - 2 serious heart attacks
 & now swims 2-3 x each week.

3. Good variety of foods to include milk,
 Vegetables, very little meat, fruit and
 some sweets occasionally.

Avoid heavy coffee drinking, cokes,
 & other caffeine drinks mt. dew etc -

4. Vitamins are for the very young, old
 & where food fads are followed.
 5. Avoid overeating.

Mental Beat Alzheimer's by:

1. Developing a good mental Attitude
 of happy outlook, friendly, wear a
 smile (it's the cheapest, most protective
 clothing we wear).

2. Fill your mind w good thots, good books,
 Good Tapes, Good music & that's all
 That can be eminated from you.

R. RAYMOND GREEN, M. D.

PHYSICIAN & SURGEON

SPECIALTY SURGERY

45 SOUTH MAIN STREET

HEBER CITY, UTAH 84032

Mental cont'd

3. More should be said for listening to good Music each day or in playing good music each day.

Children do better in an environment of good wholesome music.

Even flowers & plants do better

Older people can be agitated by rock, loud & abrasive tones.

Play an instrument - I had a Dr Boss in Portland Oregon who started violin at age 65. ^{Dr} Howard Cox.

Be choosy which VCR Movies you rent. Your merchant can help you.

Avoid the violent TV programs.

4. Have a good pet, that requires a little but not a lot of care. Companionship of a pet can have a soothing effect. Maybe your companion now is too abrasive.

5. ^{My dad said:} Have a good Hobby Horse & ride it to death!!

There are literally 100s of Hobbies available to us.

You can become an expert in any one hobby or subject in a very short time if you concentrate on it.

Show Hobby Book

What hobbies do you have??

Run through a Classification - quickly & some examples of each

Make a
craft
corner
in this
bldg
shop
Tables
etc

R. RAYMOND GREEN, M. D.

PHYSICIAN & SURGEON

SPECIALTY SURGERY

45 SOUTH MAIN STREET

HEBER CITY, UTAH 84032

Mental cont'd:

6. Attend City Council and County Commission meetings regularly -

Take part in the running of our govt.

Become actively engaged in voicing your best, thoughtful experienced opinions on current city & county problems. These people need the best wise council they can get.

7. Volunteer to help a good cause:

Pink Ladies

Surrogate Grpa or Grma

Red Cross

Cancer Crusade

Heart Drives

Children's Hospital "Pennies by the Inch"

Ask your Pastor or Bishop for a Church Job.

8. Church Service is an excellent Mental exerciser.

9. Start a new business - increase your cash flow - It's not too late!

Cornel Saunders was 65 yrs old when He started "Kentucky Fried Chicken".

A little imagination helps chase away winter blues

(Editor's note: Mike Royko is on vacation. While he is gone, we are reprinting some of his favorite columns. The following column first appeared on Jan. 11, 1981.)

By MIKE ROYKO

1-20-87

We've entered the dullest, most depressing time of the year in Chicago. People suffer from the post-holiday blahs. The miserable weather keeps us indoors. Election excitement is over. Football is winding down and baseball hasn't started. Wallets have been tapped out by Christmas spending and the Social Security bite.

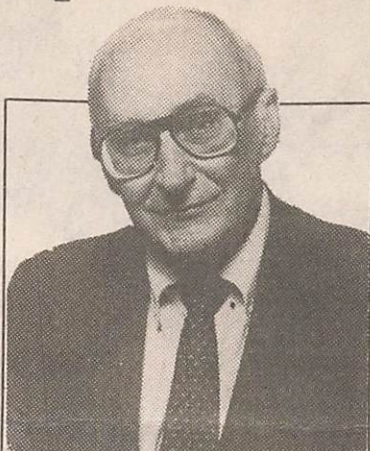
So the question we face is how to glide through January, February and March as painlessly as possible; how to find a way to brighten our spirits and keep busy and make the time fly by until spring arrives.

I've talked to several experts in the fields of psychology, social work and recreational therapy, and they've helped me put together a list of things to do that will help you through these long, gray months until the sun and the muggers come out again.

Here are some of their ideas:

DRINKING: Getting roaring drunk has always been a remedy for the doldrums, especially in parts of the world that have long, cold winters. In Finland, for example, so many people use this means of fighting off the blahs that the government provides free hangover stations to administer oxygen and massive vitamin doses. So you might consider throwing a log on the fire and becoming absolutely stinko. Every so often, throw on another log, bite the top off another jug and before you know it, April will be here, all the loud-mouthed birds will be chirping and you can take a bath, shave off your three-month growth of beard, throw all the empties out in the alley, stagger outside for a breath of fresh air, and walk down to the neighborhood saloon for a drink.

BROODING: Brooding is so often overlooked as an absolutely great way to pass all time. And it's something you can do any time by yourself. Just pick out all the things that you hate about yourself; or think back to all the terrible mistakes you've made with your life, things that make you feel guilt and shame. Or think about all the cruel and thoughtless ways your friends, relatives, co-workers and neighbors have ever hurt your feelings.



Mike Royko

Then sit in front of the fire or in a dimly lit room and dwell on them at length. Go over them time after time, reliving each awful and shameful detail. The hours will just fly by. (You can combine your brooding with drinking and have one heck of a time.)

CHANGE LIFESTYLES: By that I mean, you say to your wife or husband and kids: "I have cabin fever — I've got to get out of the house for a while." Then clean out your bank account, move into a high-rise apartment, join a racquetball club, hang out in urban cowboy bars, take a loveboat cruise, run amok with your credit cards, and carry on with some attractive but shallow and empty-headed young thing. And in the spring, return home looking dazed and tell your loved ones, "Quick, give me Volume A of the encyclopedia. I've got to look up amnesia!"

WINTER SPORTS: Cross-country skiing has become very popular, and downhill skiing is still growing. There are also winter camping clubs, and ice fishing. But I don't recommend any of these. They can give you a heart attack, frostbite or broken legs. The best winter sport is shooting pool. You meet really fascinating people in pool halls or bars that have pool tables. You can gamble and swear and get into fights and buy and sell stolen merchandise. And even if you're not a good pool player, don't worry. You can play the pinball machines or just hang around. Something is bound to happen.

CORRESPONDENCE: People don't write letters anymore, and they shouldn't. It's a wonderful form of human contact. And it's an inexpensive but constructive way to fill empty time — especially if you're writing hate letters. So make a list of 10 or 20 people you hate most and write them long, totally honest letters telling them why you hate them in vivid detail. They don't have to be famous people, although that's always fun. Friends, relatives, neighbors, co-workers and old flames will do. If you have illegible handwriting and don't type, then consider cassettes. With a cassette, you can growl, snarl, hiss, shriek, weep and say an obscene old thing that pops into your head.

NOVELS: You might consider writing an obscene novel. Make yourself the hero or heroine. You might be surprised at how well you write and the colorful ideas you can come up with. Your book could even be published. And even if it isn't, later in the year you can give it to someone — a friend, a loved one or a stranger to whom you are attracted — as a birthday or Christmas gift.

BINOCULARS: Powerful binoculars are a great fun for high-rise dwellers whose windows look out at other high-rise dwellers. If the binoculars are strong enough, you're bound to find someone whose drapes are open. You can watch other people eating, sleeping, talking to each other, having sex, exercising, murdering each other and all kinds of things. Or you and a friend can open your drapes and pretend to murder each other, and if the police show up, you'll know that somebody was watching.

HOLDING SOMEONE HOSTAGE: Usually, husbands take their wives as kids hostage, although boyfriends occasionally seize their girlfriends. Whatever the case, it's a lively wintertime activity. Just fling a chair or lamp through the front window, scream some crazy threats, and in no time the police will have you in place surrounded and will be talking to you through bullhorns. The TV camera will show up, so after an hour or two, or even longer, you can surrender to a TV reporter. You might wind up spending a couple of weeks in a nuthouse, which could be a surprisingly interesting way to get through the winter doldrums. And when it's over, you'll have your very own videotape of the police dragging an hysterical you to the paddy car.

bounced from 4th round by Mas

MELBOURNE, Australia (AP) — Unseeded Australian Wally Masur scored a stunning fourth-round victory over two-time Wimbledon champion Boris Becker today to advance to the men's quarterfinals of the \$1.65 million Australian Open tennis championships.

Masur, 23, ranked just 71st in the world, defused the teen-age West German's booming serve to score a sensational 4-6, 7-6, 6-4, 6-2 upset.

Masur, who was unable to gain a regular place on the Australian Davis Cup team this year, kept his nerve to outplay Becker in the final set after squandering three match points in the fourth set tiebreaker, which Becker won 11-

There also was a major upset in the women's quarterfinals as Sweden's Catarina Lindqvist eliminated third-seeded Pam Shriver.

The defeat was a second straight year Becker has been upset in the Australian Open.

Earlier, the final three Americans were ousted in the men's singles, while top-seeded Martina Navratilova, seeking her third consecutive Grand Slam singles crown, joined Lindqvist, second-seeded Hana Mandlikova of Czechoslovakia and No. 5 Claudia Kohde-Kilsch in the women's semis.

Lindqvist, the 10th seed, pulled off the major surprise by defeating Shriver 6-3, 6-1 and next will face Navratilova, a 6-3, 6-0 winner over No. 7 Zina Garrison of Houston. Mandlikova crushed No. 3 Lori McNeil of Houston 6-0, 6-0, and Kohde-Kilsch, reaching the semifinals at Kooyong for the second straight time, struggled past unseeded Elizabeth Smylie



Third-seeded Yannick Noah dives for a ball in his win over American Tim Wilkison.

of Australia 7-6, 4-6, 6-2.

Mandlikova, the 1980 Australian Open winner, will face Kohde-Kilsch in the semifinals.

In other fourth-round men's singles Tuesday, Australian Davis Cup star Pat Cash survived a hard-fought five-set victory over Paul Annacone of Bridgeham-

ton, N.Y.; third-seeded Yannick Noah rallied from two sets down to defeat No. 14 Tim Wilkison of Asheville, N.C.; and New Zealand's Kelly Everden ousted Derrick Rostagno of Rancho Palos Verdes, Calif.

Cash, cheered on by his hometown fans, took the first two sets,

but then had to hold off Annacone before triumphing 6-7, 1-6, 6-2.

Noah outlasted Wilkison 6, 6-3, 6-4, 6-2, and advanced to the quarterfinals by defeating Rostagno 6-7, 6-5.

White's grid record still stands

It was a dark, snow-threatening Saturday afternoon in 1937, a day that lives in my memory because of a college football game going on in Alt Lake between the University of

titles that year — rushing, total offense (475 passing to go with his 1,121 rushing for 1,596) and scoring with 122 points; he kicked 23 extra points and one field goal. Besides that, he also punted (42.5 average)

199.5 yards total points per game. In impact this fall of er would have to total offense and points per game

-6- Geriatrics

R. RAYMOND GREEN, M. D.

PHYSICIAN & SURGEON
SPECIALTY SURGERY

45 SOUTH MAIN STREET
HEBER CITY, UTAH 84032

PHONE 654-1822

III In conclusion:

In adding years to our lives;
Let us not forget to add life & zest
to our years.

Growing older gracefully..... is simply
Said: Practice Preventive Maintenance
for your body & your mind.

We can help prevent Alzheimers
Don't forget good foods, exercise to
tolerance, a happy face, good music,
good thots,

Get a pet
Persue a Hobby — be an expert
Voice your best wise opinions in the
right places

Volunteer your services!

Start a new business.

Don't cry in your milk.

A successful person is one who
takes what he has & makes the best
of it!

— Love to you all
R. R. Green MD
1-26-87